

## Tallahassee Memorial Metabolic Health Center

# **FAT FACTS and YOUR HEART**

- **Saturated fats are “bad”** because they raise **LDL (lousy)** cholesterol. Meat fats, butter, cream, whole milk, cheese, chocolate (cocoa butter), shortening, palm oil, palm kernel oil and coconut oil are high in saturated fats. Any grease that is solid at room temperature contains saturated fat. Reduce your saturated fats to help lower LDL cholesterol and triglycerides and to decrease your risk of heart disease.
- **Trans fats are “very bad”** because they lower **HDL (helper)** and **raise LDL cholesterol**. Trans fats are formed when liquid oils are partially hydrogenated to make them solid for products like stick margarine and shortening. Partially hydrogenated oils and shortening are used in some processed foods such as biscuits, dinner rolls, pies, donuts and commercially fried foods. Avoid trans fats completely to decrease risk of heart disease.
- **Monounsaturated fats are “good”** because they lower LDL cholesterol and may raise HDL cholesterol if carbohydrates are decreased. Olive oil, canola oil, safflower oil, and peanut oil, as well as nuts (peanuts, pecans, almonds, and cashews), peanut butter, olives and avocados are good sources of monounsaturated fats.
- **Polyunsaturated fats are “good”** because they lower LDL cholesterol. Good sources include sunflower seeds, walnuts, corn oil, sunflower oil, and soybean oil. Include some unsaturated fats in your diet each day.
- **Omega 3 fats are “good”** because they reduce blood triglyceride levels, may help prevent blood clots, reduce inflammation and may help prevent heart disease. Omega 3 fats are found in cold water fish like salmon, tuna, halibut, sardines, herring, anchovies, trout and cod. Ground flaxseed, flaxseed oil, walnuts and canola oil also contain some omega 3 fats.
- **Even good fats are high in calories, so keep portions small.**

## MEAT

Look for the terms loin and round to help you find lean cuts of beef and pork. Below are some examples of lean and higher fat cuts of meat, all with visible fat trimmed off.

|                                   | <u>Total fat(g)</u> | <u>Sat fat(g)</u> |
|-----------------------------------|---------------------|-------------------|
| <b>Beef, 3 oz. cooked</b>         |                     |                   |
| Top round beef                    | 5                   | 2                 |
| Sirloin steak                     | 6                   | 2                 |
| Flank steak                       | 9                   | 4                 |
| Prime rib                         | 18                  | 8                 |
| 95% lean ground beef              | 6                   | 2                 |
| Regular ground beef<br>(70% lean) | 16                  | 6                 |
| <b>Pork, 3 oz. Cooked</b>         |                     |                   |
| Tenderloin                        | 4                   | 1                 |
| Sirloin chop                      | 6                   | 2                 |
| Pork shoulder roast               | 12                  | 4                 |

## POULTRY

Removing the skin from chicken and turkey will remove a lot of fat, as you can see below.

|                                  |    |   |
|----------------------------------|----|---|
| <b>(3 oz. Portions, roasted)</b> |    |   |
| Skinless chicken breast          | 3  | 1 |
| Chicken breast & skin            | 7  | 2 |
| Skinless chicken thigh           | 9  | 3 |
| Chicken thigh & skin             | 13 | 4 |
| Skinless chicken wings           | 7  | 2 |
| Chicken wings with skin          | 17 | 5 |

## SEAFOOD

Fish and shellfish are very low in fat unless they are fried or butter is added. The oil that fish does contain is very heart healthy.

|                         |    |   |
|-------------------------|----|---|
| <b>(3 oz. Portions)</b> |    |   |
| Large shrimp            | 1  | 0 |
| Flounder                | 1  | 0 |
| Atlantic salmon         | 10 | 2 |

## **DAIRY**

|  | <b><u>Total Fat(g)</u></b> | <b><u>Sat fat(g)</u></b> |
|--|----------------------------|--------------------------|
| Skim/fat free milk(8oz.)                   | 0                          | 0                        |
| 1%/lowfat milk (8oz.)                      | 2                          | 1                        |
| 2%/reduced fat milk(8oz.)                  | 5                          | 3                        |
| Whole milk(8oz.)                           | 8                          | 5                        |
| Cheddar cheese (1oz.)                      | 9                          | 6                        |
| Reduced fat/light<br>cheddar cheese (1oz.) | 6                          | 3                        |

## **NUTS**

**Nuts are good sources of healthy unsaturated fat. They taste great sprinkled in salads and oatmeal. Remember to keep portions small since they are very high in calories.**

**(1 oz. Portions)**

|                 |    |   |
|-----------------|----|---|
| Peanuts         | 14 | 2 |
| Almonds         | 14 | 1 |
| Walnuts         | 18 | 2 |
| Pecans          | 20 | 2 |
| Cashews         | 13 | 2 |
| Sunflower seeds | 14 | 1 |

## **FATS AND OILS**

**To limit saturated fat and avoid trans fats, don't use fats that are solid at room temperature such as shortening, butter and stick margarine. Try a soft margarine with no trans fat and no partially hydrogenated oil.**

**(1 tbsp. Portions)**

|                        |    |    |
|------------------------|----|----|
| Olive oil              | 14 | 2  |
| Canola oil             | 14 | 1  |
| Corn oil               | 14 | 2  |
| Coconut oil            | 14 | 12 |
| Light tub<br>margarine | 5  | 1  |
| Butter                 | 11 | 7  |
| Stick margarine        | 11 | 2  |